# Natural Antibiotics

## 15 of the Most Powerful Natural Antibiotics That KILLS ALL INFECTIONS

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# Introduction

Each year bacteria builds its resistance to medication and learns how to adapt so that they'll survive. This is good for bacteria, but not so good for humans who want to avoid illness and lead long, healthy lives. Synthetic antibiotics just aren't as effective at stopping illness and cannot be developed at a rate that outpaces the bacteria.

That's why Natural Antibiotics: 15 Most Powerful Natural Antibiotics That Kills All Infections was created. You can use it as a guide to learn about powerful antibiotics that cure staph infections, eye, nose, and throat infections, and so much more. Natural cures are the answer to leading a healthy life.

Creating natural antibiotics that help cure you of any ailment shouldn't be a complicated process. I put this book together to help you locate natural medicines in your area so you can reduce your dependence on synthetic antibiotics and promote great health.

Soon you'll learn about plants and herbs that are all around you and can be cultivated for their healing properties. Some things you'll want to have on hand are some mason jars for creating tinctures, a high quality blender that can chop up tree branches, roots, and leaves, and a juicer to make fresh juice that will cure many different problems including a the cold and flu.

You can return to the wild and find all of the materials that you need in your

natural environment, or you can just turn to the internet to supply you with all of the ingredients you need. Many of the natural antibiotics I discuss in the upcoming chapters can be planted in your own backyard and be a valuable resource for healing and staying healthy.

Some of the ingredients might be foreign; some may already be in your house that you didn't even know had healing powers. Either way, try the natural antibiotics for yourself and discover the natural healing properties in each one. If one works for your body, you'll hold the knowledge to solve future illness. If you don't like the taste of another, forgo that method and turn to something you enjoy better.

You can also use combinations of these natural antibiotics to increase their healing abilities and get you back on your feet from an illness in a snap. If you have any questions or concerns about any methods listed here don't forget that there are plenty of resources online to turn to, and you can always discuss the viability of these cures with your medical specialist so that you're aware of any risks.

Get ready to learn how to heal your body and return to the plants that people have turned to for thousands of years to cure their ailments. Here we go!

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# Chapter 1 – A Bit About Synthetic Antibiotics

Bacteria are microorganisms that live everywhere, in your drinking water, in the dirt, and even within your body. Some bacteria in the body are helpful and assist with many different bodily processes. Without bacteria your body couldn't produce vitamin K, convert foods to energy, or get rid of waste that would lead to cancer and other diseases.

Most people only think of bacteria as being negative because of the germs and diseases that certain types of bacteria can cause. Pathogenic bacteria are the harmful types of bacteria that cause infection. Food poisoning, ulcers, sexually transmitted diseases, and meningitis are just a few of the bacterial diseases that exist. Many of these conditions are contagious and even life threatening.

Antibiotics are used to stop pathogenic bacteria from harming the body and spreading to other people. Usually the antibiotics that people are familiar with are chemical antibiotics in the form of medication. These antibiotics don't heal every problem and can do more damage than good if used incorrectly.

Over time bacteria becomes more resistant to chemical treatments. The goal of a bacterium is to thrive and continue to live. Whenever a new form of treatment is introduced to destroy bad bacteria, it can adapt to changes over a few bacteria lifetimes and alter itself to reduce the effectiveness of the drug or stop the treatment from working altogether.

A lifespan for bacteria can be as short as 20 minutes, so it can be a quick process for bacteria to become immune to new treatments. As bacteria travels it communicates with other bacteria. During this exchange bacteria passes along all of the changes it has undergone in order to continue living.

From then on all future generations of the bacteria are passed on the resistant properties, making it harder to destroy other forms of pathogenic bacteria with the same treatments. This is why super bacteria that are drug resistant are formed. A pathogenic bacterium that has built resistance to drugs is a national concern that takes thousands of lives every year.

Every time that bacteria comes in contact with antibiotics, bacteria becomes stronger and makes physical changes to become more drug resistant. That's why it's so important to not misuse antibiotics and to only use them when they're absolutely necessary.

For instance if you use an antibiotic to attempt to cure a virus (which can't be treated by antibiotics) then the antibiotics may destroy positive bacteria in the body. Reduction of good bacteria can make it more difficult to fight disease. If the good bacteria changes and becomes immune to that antibiotic then it's possible for that immunity to pass on to pathogenic bacteria your develop an illness.

Synthetic antibiotics are all around, both on the land and within the water supply. This is because antibiotics remain active when they are thrown away; leave the body as waste, or when manufactures dispose of them in the environment. Antibiotics are only killed in high heat or from UV rays from the

sun and having them around constantly leads to resistant bacteria.

Since there’s huge pollution of antibiotics that risk causing bacteria to build resistance and potentially take the lives of those that it comes in contact with, it’s important to find another source of antibiotics, mainly natural antibiotics instead of synthetic ones.

# Chapter 2 – The Solution: Natural Antibiotics

Plants have been a form of medicine for thousands of years. Many different civilizations have sought specific plants for their healing properties. Using plants for their healing properties is the natural way to fight disease in humans and animals and doesn't cause the same environmental issues that we face from overusing synthetic antibiotics.

Natural antibiotics are found abundantly in nature, with many of them growing as weeds, almost as if mother nature wants their healing properties to be known. You can rely on plant-based natural antibiotics to cure a wide variety of problems. These problems can be as common as having a headache, or it can be an uncommon issue like developing strep throat.

Natural antibiotics have many benefits over synthetic versions. Some of the best antibiotics might be located in your kitchen already, and you just didn't know that the substance had healing properties. Other natural antibiotics you may want to learn how to locate in your area so that you can have an inexpensive source of natural healing power. Here are some of the ways that natural antibiotics are better than synthetic alternatives:

1. ***Plants are safe to use.*** If you use plants in the correct way you can do so safely without worrying about dealing with any side effects, which is common with prescribed medications. With natural antibiotics there isn't a long list of risks that come with using the medication, and for the most part, they play well with just about

everyone. Some natural antibiotics do come with a few warnings on who should avoid them, but they don't create entirely new health problems that require another drug to cure.

2. ***Plants don't pollute the Earth.*** Every time that someone takes a synthetic antibiotic, a few days later it leaves their body in the form of waste. From there it pollutes your water, giving you a small amount of antibiotic medication with each glass you drink. The antibiotics that are not used become waste that pollutes the land and attracts bacteria that build resistance to the drugs. These issues are avoided by using natural plant antibiotics.

3. ***Plants are easy to use and are inexpensive***. Think about the health care costs that people accrue each day. Once you learn how to create your own medication to cure the common problems that you and your family face, that's one less medical bill. Even if you purchase the supplies you need instead of growing them yourself, it's still far less expensive then billing it to your insurance.

4. ***Plants naturally destroy bacteria***. Plants have hundreds to thousands of phytochemicals living in them that destroy bacteria and promote good health. Bacteria cannot destroy plants because of their complex makeup that has developed over millions of years.

Hopefully this convinces you to stick with a natural antibiotic instead of going synthetic. By reducing the amount of reliance that you have on synthetic antibiotics you can ensure that your ailments are cured in the most natural way possible. Let's discuss the 15 most powerful natural antibiotics available.

# Chapter 3 – Sida

There are over 200 different varieties of plants in the Sida genus, all of which produce flowers. In the United States they are located in the Southwest, the lower half of the Great Plains, the Southeast, Mideast, and New England. A plant in the Sida genus is sometimes called a fanpetal, and they are spread worldwide in mainly tropical and subtropics regions.

Only a couple of the Sida's have undergone research as to their application for natural antibiotic purposes, however many different plants in the Sida genus have been used in medicine throughout the world for many years.

Sida's are fairly common and many of them are considered weeds. The ones that have been researched the most are Sida acuta, Sida cordifolia, Sida rhombifolia, Sida spinosa, and Sida tiagii. With continued research hopefully it is discovered that many other Sida plants have similar healing properties. If this occurs, because of the widespread access to Sida plants, it might be one of the most important natural antibiotics to cure disease.

Plants in the Sida genus have many different healing properties. They have been used to treat tuberculosis, staph infections, infected wounds, cancer of the blood, and anemia. Sida is active against bacterium such as herpes, listeria, and salmonella as well.

Most of the Sida plants can be used to cure the same conditions, but it's

recommended that you find Sida acuta to use as a natural antibiotic if you can. You can make Sida tinctures yourself by harvesting the plant and preparing it, or you can buy your Sida online.

If you plan to find Sida yourself or have it growing in your backyard, it's best to make it into a tea or tincture. You can also turn it into powder, which is great to apply to skin infections, or into a capsule if you don't enjoy the taste. You can take the whole plant including the roots to turn into medicine or you can just use the leaves.

To relieve your skin of an infection or to heal eczema, apply the powder on your skin as often as necessary. You can drink Sida tea up to 10 times daily to treat anemia, diarrhea, dysentery, fevers, and cancer of the blood or drink a cup or two daily to prevent disease. Once the tea cools you can also use it to cure eye infections.

A few warnings about Sida: Women who are trying to get pregnant should not use Sida as it acts as a natural contraceptive. It's suggested that you contact your doctor if you are pregnant or want to become pregnant before using the Sida plant. Sida also contains ephedrine, however it's in a very lose dosage that isn't harmful unless you're taking other ephedrine products. Sida is also hypoglycemic so if you're diabetic it might affect your medication. Check your blood sugar and be aware of any changes that Sida causes.

# Chapter 4 – Bidens

Similar to the Sida genus, the bidens genus also has about 200 different species of plants in it. It can be found throughout the United States and is often called beggarticks. Variations of biden plants are located in different climates and most of them are considered weedy and invasive.

The variation of Bidens with the highest medicinal value is called the bidens pilosa. It grows in parts of the Far West, Southwest, most of the Southeast, and in parts of the Great Lakes. Bidens plants can be used to treat mucous membrane systemic infections and systemic staph infections. Many other bidens genus plants can be used to the same effect.

Unlike the Sida genus, you'll want to use bidens plants while they are fresh instead of dried out. You can use the whole plant including the roots, but most of the time just using the leaves should do. The two best methods for using bidens as an antibiotic is by making a tincture or creating a fresh juice out of the leaves.

To make a tincture use one part fresh plant leaves to two parts liquid. About 95% of the liquid should be grain alcohol that's 190 proof. The remaining 5% is water. Use it to fight internal infection by adding 60 drops to you water, or apply it directly to an infected skin.

To make a juice you can add bidens to your blender or juicer. You'll want to make sure that it's a very high quality juicer since fibers of the bidens plants are

very strong. The bidens juice can be used directly on the skin or taken internally by adding it to water. You can also make tea or do a cold infusion of the bidens plant, however it loses its strength right away, so you should consume it the same day that you make it.

Locating the plant is pretty easy in the right climates, since it grows throughout the United States and much of the world. It has white or yellow petals with a yellow and orange interior. The generally cover the ground during the spring and grow larger during the summer and take on more of a common weed appearance.

You can plant the seeds in your yard since they are easy to grow if you want to keep bidens plants around. The seeds are very easy to find and chances are you'll get a few on your clothing while you're harvesting bidens. People also use bidens as a potted decorative plant if you don't want it to be invasive in your yard.

# Chapter 5 – Artemisia

There are 100 different types of artemisia plants located throughout the United States. The main type of artemisia that has antibiotic properties is called artemisia annua and grows in every region of the US. It's commonly called sweet sagewort and has been used to treat many different medical conditions.

Most commonly Artemisia is used to cure malaria. The active ingredient found in artemisia plants is known as artemisinin and had been one of the main ingredients for fighting malaria worldwide. Artemisia can also be used to help cure blood infections and systemic cancers. It fights against intestinal parasites, is active against various types of cancer cells, and can be used to cure skin infections.

Within the past few years it seems that for a number of different reasons a stronger strain of malaria is spreading that shows some resistance to artemisinin, but it hasn't been reported outside of a few locations in Asia. This is likely due to misuse of artemisinin caused by using the drug too frequently for illness that hasn't been proven to be malaria.

To use it as an antibacterial you'll want to use the plant while it is still fresh, instead of allowing it to dry it. It has more antibacterial properties at this stage, and loses them quickly if not fresh. Fats and alcohol break down the artemisia better than water does, so you can infuse it with milk or something with a higher fat content.

To prepare artemisia to cure malaria take 100 grams of the fresh leaves and flowers and pour a quart of whole milk over it. Let it sit while covered for at least 4 hours. Strain it and drink each day for seven days. You can also make a tincture by mixing fresh Artemisia with two parts 120 proof grain alcohol. Shake the mixture everyday for two weeks and take a tablespoon twice a day for a week.

Artemisia is found in many different parts of the United States, or you can order the herb or supplement online. Artemisia annua has fern like leaves with a yellow flower in late summer and is very aromatic. It grows on a single stem and can reach upwards of 6 feet. It grows pretty much anywhere and is a good plant to have in your backyard so that you can harvest it easily. Since artemisia is considered a weed or invasive, it will continue to grow in your yard each year after you plant it.

Some people begin to feel nauseous after consuming artemisia to cure malaria. Gastrointestinal problems also may occur and cause vomiting, cramping, and loss of appetite so look out for any of these issues if taking large doses at a time. Problems should correct themselves once you stop taking artemisia.

# Chapter 6 – Berberine

There are many plants located throughout the United States and the world that contain berberine. It has strong antibiotic properties but unlike sida, bidens, and artemisia it doesn't travel through the blood to other parts of the body so it must be applied directly to the area of the body that has an infection.

Plants with berberine can treat drug resistant E. Coli, colorectal carcinoma, dysentery, and other bacterial infections. Berberine has been used as an antibiotic in China and India for hundreds of years and is present in plants such as goldenthread, Oregon grape, and barberry which are often discussed for their natural antibiotic powers.

When looking for plants to harvest that are available in the wild, look for phellodendron amurense (amur corktree which only grows in a few states), berberis vulgaris (common barberry which grows in about half of the US states), and mahonia aquifolium (Oregon grape which is more common then the corktree.) Most of these plants are considered invasive and the plants in this family can be used to similar effect. You can also purchase plants that contain berberine online and at Chinese herb stores.

All parts of the plant can be used including the bark if it's a tree and the root bark. Most often the roots have a higher concentration of berberine so you can harvest the roots if you'd like. Try to harvest the roots of a species that is considered invasive because you'll kill the plant by taking its roots. Otherwise you can just take the leaves and stems to make an antibiotic medicine.

Berberine can be used in a number of applications, such as a powder, tincture, snuff, and capsule to fight many different microoganisms and cure dysenteric diseases, giardia, and bloody stools. It works well to cure mucus membranes that are infected as well.

Take the dried bark, roots, leaves, and stems and grind it up into a powder. Apply the powder to any infections you have on your body and on cuts and scrapes to stop them from becoming infected.

You can put the powder into 00 capsules and take it if you have dysentery or diarrhea. A snuff works for nasal inflammation that you can take three times a day for up to 7 days. If you want to make a tincture out of berberine take the bark or root and mix it with 5 times liquid that’s a mixture of 70% alcohol and 30% water. Add 20 – 50 drops to your water around 4 times a day for non-acute conditions.

If you have any medications that are broken down by the liver, avoid berberine. It may slow down how quickly the liver breaks down those medications and cause side effects. Berberine also interrupts cyclosporine and causes there to be an excess in the body so if you are taking any medications such as Neoral or Sandimmune, avoid berberine products. Don’t take anything with berberine if you are pregnant or want to become pregnant, or if you have diabetes or low blood pressure.

# Chapter 7 – Juniper

Juniper is a very common plant that has great antibiotic and antioxidant properties. You can find different types of Juniper throughout the United States and around the world. In Europe and India, juniper berries have been used as a spice for cuisine. Juniper berries are also used as medicine in Greece where they are known for their healing properties.

Juniper is great to solve problems of the gastrointestinal tract, skin infections, dysentery, and upper respiratory infections. You can find juniper quite commonly by looking in your area for trees or shrubs with bluish-purple berries. You can also buy Juniper berries online or at local herb shops which should supply them.

You can make the juniper berries into a tincture, essential oil, or just eat the berries whole. Eat a couple berries a day for about 2 weeks to cure your ailment. If you decide to make a tincture you'll want to use 1 part berries and 5 parts liquid. The liquid is 75% alcohol and 25% water. Add around 10 drops to your water 3 times a day until your infection is cured.

You can also make juniper berries into a decoction by boiling an ounce of them per quart of water for half an hour. Let is steep overnight then strain and drink or apply the decoction directly to your wound. This mixture should keep for about 24 – 48 hours in your refrigerator.

Juniper berries have a piney flavor and can even be added to food. Just crush up a few berries with a pestle and mortar and apply to meats or fish. It's super

simple to make and requires very little effort.

There aren’t any serious health risks or considerations with juniper berries. There hasn’t been much scientific research done on the subject but it seems to be a safe cure for just about everyone.

# Chapter 8 – Honey

Here’s one that you’re bound to already have in your kitchen. If not, you should find some and stock up! Local honey is created from nectar gathered from local flower and plants and can be used to heal scrapes and cuts. In addition to its healing power it even reduces the symptoms of allergies. When it comes to healing external ailments, there’s not much that can rival honey.

Wildflower honey has many different antibiotic properties and can cure external and internal ailments. There are a few varieties of honey that work best and should be kept in your medicine cabinet. When looking for honey to use to heal your body search for one that is organic. This ensures that there aren’t any pollutants in the honey that you’ll apply directly to your skin.

Manuka honey is the most popular for treating illness, but Medihoney, or any wildflower honey will do. It’s better than agricultural or single-plant mass-produced honeys that are on the shelves at grocery stores. You can also mix other bee products into your honey such as royal jelly and propolis to increase the effectiveness of the mixture for healing.

Apply honey directly to wound be it a burn, ulceration, or bedsore and wrap the wound in a bandage. Reapply honey three times a day until the wound has healed. This will prevent infection and speed up the healing process because of the moisture that is placed on the wound because of the honey. Honey can also cure impetigo and seborrheic dermatitis. Just mix water in with the honey to create a wash and apply it to the infected area of the skin twice a day.

If you are using honey internally, it can help with cold and flus and respiratory infection. Your symptoms will be less severe and you'll recover rapidly. One tablespoon up to ten times a day can help with acute symptoms, colds, and the flu. In addition to being an antibiotic, honey is also a laxative, immune stimulant, antiviral, and antifungal.

When you purchase honey to use as an antibiotic look out for your common store bought honey, which may have pollen removed or corn syrup added. You want to get an all-natural honey and if you can't find it at the store then look for it at a farmer's market or natural food store instead.

There aren't any risks while using honey externally, but if you are allergic to bee stings take note that in some cases internal consumption can lead to anaphylaxis. It's pretty rare for this to occur. Honey really is a great way to heal wounds and relieve some of the symptoms of colds and flu, so I would suggest that you always have a little on hand for medicinal purposes.

# Chapter 9 – Usnea

Usnea is genus of lichen found throughout the United States that grows on bark and twigs of other plants. It's also found throughout the rest of the world, making it very common in the wild. You can mainly locate usnea in sick or dying trees and they're many different varieties of usnea around.

Usnea is commonly used to cure resistant gram-positive bacterial infections of the skin, throat, and gastrointestinal tract and for infections of the vagina and eyes. It really targets the bacteria that line the gastrointestinal tract and destroys the bad bacteria especially the drug resistant strains.

Usnea can be found in forests and orchards, or purchased online to use as an antibacterial medicine. Once you have enough usnea you'll want to grind it up into powder form if you want to apply it to wounds or keep it whole for use in a tincture or tea. Usnea isn't fully water-soluble so it's recommended that you use it as a powder or tincture to really get the most out of its healing powers.

If you're making a tincture, you'll want to extract all of the phytochemicals found in usnea through heat. The ratio you'll need to make a tincture is 1 part usnea, 5 parts liquid. Half should be water and half should be 120 proof grain alcohol.

What you'll do is heat the water with the usnea overnight or for 48 hours in an oven while covered or in a slow cooker. Mix it up during the initial application

and the water and usnea should form a mush. Once the combination is finished cooking, remove it from heat and let it cool until the mixture is warm. Once the usnea and water has cooled down but not completely you can add the alcohol and place the mixture in a jar to macerate.

The tincture that you made can be used as a nasal spray, douche, or wash that you can apply directly to the infected area. Add some of the tincture to water to dilute the mixture and use it when needed. If you're drinking it you'll add about 40 drops to water three times a day.

Usnea is another plant that you should avoid if you are pregnant or want to become pregnant. It also absorbs lots of heavy metals so you should locate usnea that is far away from any places that may be polluted such as roads and waste sites.

# Chapter 10 – Liquorice

Liquorice is found throughout the world and even imported into the United States from other countries because of its antibacterial and healing properties. There are many different species of liquorice plant and it has been used to heal asthma, coughs, and disease since the third century.

Liquorice by itself can be used to cure respiratory and oral infections, and infections of the gastrointestinal and respiratory tracts. It is used by itself to destroy stomach ulcers without upsetting the stomach.

The real power in liquorice comes from its powers to assist other natural antibiotics in the healing process. Instead of taking liquorice alone you should take it with the antibiotics that were discussed earlier to increase their healing powers, reduce the time and dose necessary to cure the body and reduce the side effects.

The best liquorice is European or Chinese and can be ordered online. These varieties have been studied for their healing properties. Be careful not to purchase liquorice from Eastern Europe, which faces heavy pollution problems that works against the healing of the liquorice.

Add liquorice to your tinctures to remove any toxicity from other plants, and to enhance their solubility. It can also used along in tincture, tea, or capsule form to cure tuberculosis, hepatitis, peptic ulcers, and to reduce the problems that come

with oral herpes, aphthous stomatitis, and side effects from pharmaceutical drugs.

To tincture liquorice you'll want to dry out the roots of the plant. From there you can make it into a powder to use as a capsule or to drink in a tea. Take two to eight capsules daily to assist other natural antibiotics in their processes. Alternatively you can make a tea from one tablespoon of powder and boil it in 8 ounces of water. Simmer it, strain and drink right away.

For a tincture you should use 1 part dried root to 5 parts liquid. The liquid is a mixture of half water, half alcohol. Add 30 to 60 drops to your water up to three times a day. You can also add other tincture blends to your water as well.

There are some warnings for using liquorice, so be aware of how much liquorice root you are consuming. It's recommended that you don't take too much liquorice alone without consuming other natural antibiotics. It's also high in estrogen and can also raise blood pressure with extended use so take low doses over short periods of time to avoid complications.

# Chapter 11 – Ginger

Here's another natural antibiotic that you may already have in your home. Ginger has been used as medicine for thousands of years and is readily available at stores and supermarkets. It grows in tropical regions throughout the world including Asia, the United States, China, and India. The ginger root has the healing properties of an antibiotic and cures a lot of aliments in combination with the other herbal remedies that have been discussed earlier.

Ginger can be used alone as a remedy to colds, to control nausea, and to reduce pain and swelling. When it is used with other natural antibiotics, it helps the herbs travel to other areas of the body easily through circulation. Ginger makes any other natural antibiotics more potent, especially when fighting bacterial diseases that have built resistance to other treatments. It also helps with joint and muscle disorders, reduces stomach cramping and diarrhea, and moves mucus out of your system.

The best ways to take ginger is as a hot tea, as a tincture, through topical application and as food. You want the ginger to be fresh and not dried out. The powdered form of ginger isn't as strong nor does it have all of the positive healing benefits that fresh ginger does. Ginger can also be applied topically to help reduce pain and speed the healing process of an infection or burn.

To make a tea out of fresh ginger, juice the ginger and add hot water to it. Add a little honey and a dash of cayenne pepper if you'd like. Drink this at least six times a day to cure any bacterial infections in conjunction with any other natural

remedies.

If you don’t have a juicer you can also make an infusion with chopped or grated ginger by steeping it for two or three hours while covered. Filter out all the ginger once it has steeped for a bit and drink at least six cups (or fewer if you’re using it as a preventative) to cure acute conditions.

To make a tincture with ginger combine one part ginger with two parts liquid. The liquid is 95% 120 proof grain alcohol and 5% water. Add 10 to 20 drops to water up to four times a day.

Ginger is really good for your health, but there are a few warnings. Don’t take large amounts while pregnant and stick to moderate doses. Ginger may cause some aggravation to gall stones and cause bloating, or heartburn. Most of the side effects of taking too much ginger are rare.

# Chapter 12 – Black Pepper

Black pepper gets its spice from an alkaloid called piperine, which can be used to promote the effects of other natural antibiotics. You can either use the black pepper as an antibiotic or you can find piperine, which is more potent and pretty common in health stores. Black pepper is a common spice that has been used for years in India as a medical treatment and comes in two forms, normal black pepper and long pepper.

Pepper and piperine expand the blood vessels so that other natural antibiotics can travel through the body quickly, thus improving the rate and dosage of other antibiotics necessary for proper healing. It works to keep the medicine in the body longer in an unmetabolized state and assist other natural antibiotics to localize in an area that is under attack by harmful bacteria.

It’s not recommended that you take piperine unless you are also using another herb to help you heal. Take piperine first to prepare the body to circulate more of the medicine and improve the healing abilities of any other herbs. You should use peperine 30 minutes before any other herbs and a couple hours afterward no more than 4 times a day.

To make a tincture of black pepper freshly grind whole peppercorns and mix it with five parts liquid. Use a mixture that’s 65% alcohol and 35% water. You can also use pure piperine with the same measurements for a more potent natural remedy. Use 5 to 15 drops before using your other natural antibiotics to increase the healing properties of other herbs.

You can also make a combination of pepper tinctures with both types of pepper and ginger root. Make tinctures of all three and combine them together at a 1:1:1 ratio. Add 25% of this combination to any other tincture you are making for a new blend that increases the potency of any natural antibiotic.

There are a few complications with using pepper over an extended period of time. It should be used as a short-term treatment that doesn’t extend past a week or two. Men commonly suffer from low testosterone, have a reduced sperm count, and decreased testes weight while taking pepper and piperine cures. Women who want to become pregnant should avoid piperine since it acts as a contraceptive.

# Chapter 13 – Astragalus

Astragalus is a genus of plants that are traditionally used to boost the body's immune system. It has been one of the main roots used in Chinese medicine for thousands of years and the astragalus plants are found throughout the world. Different variations of astragalus grow throughout the United States but the main form that's commonly used is found in China and Korea.

Astragalus has many different antibacterial properties and is commonly used to strengthen the immune system, treat heart disease, cure hepatitis and alleviate fatigue. It also prevents colds and lowers blood pressure. You can take astragalus in a powder, tea, or as a tincture.

You can find astragalus online and depending on your location, outdoors. Turn the whole root into a powder that you can mix with water. For general immunity you can drink it astragalus throughout the day.

If you make a tincture use 1 part astragalus root to 5 parts liquid. The liquid is 60% alcohol and 40% water. Apply 30 to 60 drops to water 3 – 4 times a day. If you turn astragalus as a tea, you can drink it throughout the day when you feel a cold developing. Use a couple ounces of the astragalus per teapot to boost immunity.

You can also add astragalus to your food, especially foods that are cooked in water. Simmer the astragalus covered for a few hours, and use the broth to make

foods such as rice. This will give the food you eat the same immune system boost that you would get from taking astragalus directly.

There aren’t any side effects to using astragalus that are known, and people in China have used it for a long time. You should be careful with astragalus if you are pregnant or breastfeeding, and check with your doctor before using astragalus if you have an autoimmune disease since it stimulates the immune system.

# Chapter 14 – Boneset

Boneset is a plant native to North America that has been used by Native American's to cure colds and boost the immune system. It isn't common in other parts of the world but there's a lot of evidence that boneset can be an effective treatment for many different diseases and ailments. It's found throughout the Midwest and in the Southern and Eastern regions of the United States.

The stems, flowers, and leaves are commonly used on the plant and are turned into a tea or tincture. Boneset increases the effectiveness of the immune system to help reduce the effects of colds and flu, builds resistance to other infections, and loosens phlegm in the body. Traditionally boneset has been used to cure migraines, bone pain, and weakness.

Boneset grows in humid environments in the Eastern half of the United States. It is usually found along streams and at the edges of swamps. It can grow anywhere from three feet to five feet tall and is perennial; flowering between July and September. The flowers are white in color, and the leaves form around the base of the stem, appearing to be one large leaf.

Use the fresh, flowering plant for tincturing, and the unflowered boneset plant for drying out to create a tea. If you try to dry out the flowering plant it will start to seed, which is why it's best to avoid drying any flowering boneset.

Make tea with a tablespoon of boneset to 8 ounces of water and drink it when

you need to reduce a fever or get over a cold. Do this about three times a day. You can also make a cold infusion but it won't be diaphoretic.

To make a tincture out of boneset to cure bacterial infections use one part fresh boneset to two parts liquid or one part dried boneset to five parts liquid. The liquid mixture is 95% 120 proof grain alcohol and 5% water. Add about 30 drops to hot water for an infection or 10 drops to fight fatigue no more than four times daily.

There are no known risks to using boneset, but not much scientific research has been done. It's best to talk to your doctor about using it for prolonged periods of time.

# Chapter 15 – Echinacea

Echinacea is a group of flowering plants found in the eastern United States that are commonly used to treat colds, flu, and to stimulate the immune system. Originally used to treat snakebites, echinacea works as a natural antibiotic that cures infections such as mucous membrane infections and infections of the throat. It also heals wounds and sores that are internal and external.

The tincture is very handy to have around for a wide variety of problems, so I would suggest keeping this stocked just in case. Echinacea can also be used as a fresh juice or a powder.

A tincture can be made of echinacea root or flowers, specifically that of the ecginacea pallida. Take one part dry root to five parts liquid or one part fresh flower to two parts liquid. The liquid mixture should be 70% alcohol and 30% water for the dry root or 95% alcohol and 5% water for the fresh flowers.

To be effective a lot of the tincture must be used quite often, without diluting it in water. To cure a sore or ulcer in your mouth, strep throat, and tonsillitis take a whole dropperful and swish it around in your mouth for 30 seconds and then swallow. Make sure that it hits the back of your throat to numb the tissue and repeat this process as needed. Take a dropperful each hour to reduce the length and severity of colds and flu.

You can also use the tincture on spider and snakebites by washing the area every

half hour with a mixture of the tincture and water. If you'd like to avoid using the tincture and you have some echinacea around, boil the flowers or root in water and let it cool for about an hour. Strain it and use the mixture on the wound whenever necessary.

Juicing the flower, stem, and leaves of an echinacea plant is another potent way to make an antibiotic treatment. You can take a couple teaspoons of the juice every few hours to treat infections. Another option if the plant is dried out is to create a powder from it. Apply the powder directly to your wound or mix it with water to place on the infected area.

There aren't many side effects of echinacea other than joint pain that occurs when you take it too often. It works well with licorice to help increase the immunity properties, so taking the two in conjunction is the preferred treatment method.

# Chapter 16 – Red Root

Red root is grown exclusively in the United States, Canada, and Mexico everywhere from forests to desert regions. Traditionally it is used to assist the immune system during times of illness to speed up the healing process. Red root is used to cure the lymph nodes whenever there is a bacterial infection, as well as the spleen and liver. It works as a blood coagulant, astringent, and antiseptic as well.

You can find red root easily in North and Central America. It grows about three feet and has small white flowers. The flowers are very fragrant and clustered together. Depending on your geographical location there can be a lot of variety with the height and shape of a red root plant.

Red root is also prevalent in herb shops and can be purchased on the internet. To create an antibiotic out of red root, you'll want to have the root or inner bark of the plant's roots. You can tell you have the right plant by their red or sometime pink roots that can be collected in early spring. If you have harvested red root too late then the roots may have a white color to them. This is a signal that you won't receive all of the medicinal properties of the plant, and you'll have to order it online or wait until the next year to harvest it.

The red root can be used in a variety of ways. You can create capsules from it, make it into a tea, decoction, or tincture. Turn it into a powder and capsulate it with 00 capsules that you can take throughout the day to stimulate the lymph system. Use the powder to create a tea that has simmered for fifteen minutes and

then been strained. 6 cups of this daily should help reduce inflammation of the liver and spleen.

To make a decoction simmer one ounce of red root powder in 16 ounces of water for half an hour. Take a tablespoon a few times a day, or gargle it to kill bacteria that causes throat infections. You can also make red root into a tincture with one part dry root to five parts liquid. The liquid should be one half alcohol, one half water and you can take 40 – 80 drops up to 3 times a day.

There aren’t any side effects that are known, however if you take pharmaceutical coagulants or anticoagulants you should avoid taking red root.

# Chapter 17 – Reishi

Our final natural antibiotic is the reishi, a Chinese herbal mushroom with many health benefits. You can find reishi in health shops, over the internet, and even grow your own at home. It has been cultivated and use in Chinese and Japanese medicine for over four thousand years to cure a wide range of ailments.

Like the previous antibiotics discussed before, reishi also boosts the immune system. It has also been used to protect the body from parasites and bacteria that cause many different diseases. Reishi is known as the mushroom of immortality and is used to treat illnesses such as cancer, HIV and AIDS, cardiovascular disease. It's also reduces fatigue levels, stress levels, and helps aid sleep.

You can take reishi in a number of different forms that you can buy online or create yourself. The best methods to use are to create a decoction, powder, and tincture of the reshi.

To create a decoction, bring 3 grams of reishi to one quart water to a boil. Reduce to a simmer for two hours. Let the decoction sit to cool down, and consume before bed or during the day. You can also turn the decoction into a tincture by adding grain alcohol to the mixture. You want the tincture to be one part reishi to five parts liquid. The liquid is made up of 20% alcohol and 80% water.

Another alternative is to make the reshi into a fine powder. You can stir a few grams into water each day to cure chronic disease, or more for acute conditions. Place the powder into capsules if you prefer or don't like the taste of the

mushrooms.

There are a few side effects to taking reishi. If you are trying to stay awake, you shouldn’t take too much, or only take reishi before bed. Occasionally dizziness, headaches, rash, and upset stomach occurs. If you have low blood pressure or immune disorders you should avoid reishi. There have not been any studies about taking reishi while pregnant or breastfeeding, so avoid it or talk to your doctor about it first.

# Conclusion

Now that you have learned about 15 new plants, you're ready to cure any antibacterial disease that you may come in contact to. Keep some of these natural antibiotics around in your medicine cabinet so that you can use them whenever you feel a cold or notice changes in your body.

It's empowering to understand for yourself how medicine works, and to be able to prepare it at home with only a few simple ingredients. Over time you'll be able to locate these plants and herbs with ease and notice that they are everywhere around you.

Learn the treatments that work best for your body, and don't forget to share with others. It's great to use your healing powers for good and to ever increase your knowledge on what works and what doesn't with the community. Thank you for checking out this book, I wish you a happy and healthy life that's free of any deadly bacteria!

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